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BODYPUMP® is the original barbell workout that STRENGTHENS YOUR ENTIRE BODY. This 60-minute program challenges all your major muscle groups by using the BEST WEIGHT-ROOM EXERCISES like squats, presses, lifts and curls.

### **CONTRIBUTORS - Les Mills**

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BODYPUMP® is a barbell workout for anyone looking to get lean, toned and fit "fast. Using light to

moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

### **BODYPUMP – Group Barbell Workouts – Les Mills**

BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories \*.

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